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Government
Publications

Alcohol & Drug Treatment in Ontario

A Guide for People Seeking Help

Ontario's Alcohol & Drug Treatment

Voluntary – it's up to you.

Confidential – it's your business.

Effective – it can help.



*Get started.
Choose the treatment that is
right for you.*



Addiction
Research
Foundation

Fondation
de la recherche
sur la toxicomanie

Is there a charge?

Most services are funded by the government, so there's no charge. But a few have fees – check with each service for details.

What happens in treatment?

Each service does something different. But there are always trained staff to direct the service. Here are some of the things they do:

- explore how alcohol and drugs affect your life
- plan your treatment with you
- link you to other services you might need
- teach you about the risks of alcohol and drug use
- teach you skills for leading a healthy, balanced life
- help you to avoid a “slip” or a relapse
- provide one-on-one support and guidance
- lead group-counselling sessions
- offer support and information for your family
- link you with self-help or mutual support groups, like AA
- prepare a plan with you for what will happen after treatment
- follow up with you after treatment.

Some services give you a place to stay. Some arrange sports and social events, or help you to get back to work or school after treatment.

There are more facts about what happens in treatment on the back of this guide.

What do I have to do in treatment?

You may be asked to follow certain rules. They differ at each service, so it is best to ask for details.

Examples of rules are:

- no alcohol or drugs while in treatment
- you must have a complete medical exam when starting treatment
- you must take part in all activities that are scheduled.

Helping professionals – like a doctor or nurse – to understand what you need about the services in your area.

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Are there services for people with different needs?

Yes. Some specialize in helping:

- women
- men
- younger people
- older people
- aboriginal people
- francophones
- people in trouble with the law
- people who have physical or psychiatric conditions.

Some specialize in helping people who have problems with:

- alcohol
- heroin
- cocaine
- prescription drugs.

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Where will I go?

Treatment can take place in different settings, such as:

- offices
- houses in the city
- houses in the country
- hospitals
- health clinics
- missions and hostels.

When can I get in?

It depends. Some services can see you right away. For other services, there will be a wait. If so, the service can help you plan how to cope.

How long do I stay in treatment?

It depends on the service and on you – on how much help you need. See the back of this guide for more details about the length of each type of service.

Will treatment help?

Yes. And you can make it help more by getting started now – and by choosing the service that's right for you.

**or social worker – can give you details
ur community. Just ask.**

ASSESSMENT AND REFERRAL SERVICE

Choose this service when:

- you're not sure whether you need treatment
- you need help deciding whether to try quitting or cutting down
- you don't know which service is right for you.

WEEKLY COUNSELLING SERVICE

Choose this service when:

- you need some help to meet your goals about drinking or taking drugs
- you are able to complete homework on your own
- you have work or family duties.

DAY OR EVENING SERVICE

Choose this service when:

- you need extra help to meet your goal about drinking or taking drugs
- you can schedule work or family duties around service hours.

FOLLOW-UP SERVICE

Choose this service when:

- you have finished treatment
- you want support to maintain the changes you have made
- you want to avoid a "slip."

SELF-HELP OR MUTUAL SUPPORT SERVICE

Choose this service when:

- you want the company of others who do not drink or take drugs
- you want to help yourself by helping other people with alcohol or drug problems.

PLEASE NOTE

Some services may not be available near you, or may differ from what you expect. Helping professionals can tell you more about treatment in your area.

Options: LIVE-AT-HOME

What it does:

- helps you to choose and enter treatment.

What you do:

- attend one to two sessions, each about two hours long
- make sure you are not drunk or high for your appointments.

What it does:

- helps you to meet your goal – whether that's to quit or to cut down.

What you do:

- attend one or two sessions each week for up to six months
- make sure you are not drunk or high for your appointments.

What it does:

- provides activities each weekday for two to five weeks to help you adjust to living without alcohol or drugs.

What you do:

- attend sessions each day or evening
- are alcohol/drug-free for a few days before starting treatment
- remain alcohol/drug-free during treatment.

What it does:

- helps you maintain the progress made during treatment.

What you do:

- meet with others who have finished treatment
- work one-on-one with a counsellor
- practise skills for staying alcohol/drug-free.

What it does:

- holds regular meetings of people who have alcohol or drug problems.

What you do:

- attend meetings regularly (usually one to two hours)
- share your experience with the group in ways that are comfortable to you
- practise the group's program for recovery (12 Steps, for example).

from those described above.
our area.

DETOX SERVICE

Choose this service when:

- you are drunk or high and need somewhere to stay and someone to talk to
- you want to enter treatment, but you find it hard to stay away from alcohol or drugs for a few days in a row – even with help from your friends, your family or a counsellor.

SHORT-TERM SERVICE

Choose this service when:

- weekly counselling and a day or evening service have not helped you
- you need to be away from family and work duties to adjust to alcohol/drug-free living and to focus on treatment.

LONG-TERM SERVICE

Choose this service when:

- you have had problems with alcohol or drugs for a long time
- a short-term service has not helped you
- you need extra time to adjust to a life without alcohol and drugs
- you need to build social support.

THERAPEUTIC COMMUNITY

Choose this service when:

- you need strict rules to help you recover
- you have had problems with alcohol or with drugs like cocaine or heroin for a long time
- a short-term service has not helped you.

SUPPORTIVE HOUSING

Choose this service when:

- you need more time to adjust to life without alcohol and drugs
- you want to make more contacts in your community before you try living on your own.

PLEASE NOTE

Some services may not be available near you, or may differ from what you expect. Helping professionals can tell you more about treatment options.

CHOICES: LIVE-IN

What it does:

- gives you a place to stay for three to five days while your body gets rid of alcohol/drugs and adapts to a drug-free state.

What you do:

- rest
- plan what to do next.

What it does:

- gives you a place to stay that is alcohol/drug-free for a month or so, and shows you how to lead a healthy, balanced life.

What you do:

- are alcohol/drug-free for a few days before starting treatment
- take part in education and treatment activities.

What it does:

- gives you an alcohol/drug-free place to stay for six weeks to six months, while teaching you how to rebuild your life without alcohol or drugs.

What you do:

- complete detox
- take part in education and treatment activities
- slowly prepare to live on your own.

What it does:

- gives you a strict, alcohol/drug-free place to stay for six to 15 months, while teaching you how to rebuild your life without alcohol or drugs.

What you do:

- complete detox
- have medical and psychiatric exams
- take part in a rigid schedule of activities
- learn social and job skills.

What it does:

- provides a bridge or a stepping stone between treatment and living on your own.

What you do:

- complete detox
- become involved in work or school outside the house.

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ent your area.

Do you need more details about alcohol and drug treatment?

WHERE TO START

- ✓ Talk to a professional you trust:
 - a doctor or nurse
 - a counsellor or therapist
 - a social worker
 - an Employee Assistance Program (EAP) contact at work
 - or any other person you trust.

- ✓ Look in the Yellow Pages under *Addiction Information and Treatment Centres* – and call a local treatment service.



Call the Drug and Alcohol Registry of Treatment (DART) – **toll-free 1-800-565-8603**

DART has up-to-date details about alcohol and drug treatment services across Ontario.



Use the space below to note the number of your local alcohol and drug treatment service.

Your local service

Name:

Address:

Telephone:

For facts about alcohol and drugs, call
Addiction Research Foundation toll-free at
1-800-INFO ARF • 1-800-463-6273